

## II. Claim Amendments

1-21. (Cancelled)

22. (Currently Amended) A fuel cell comprising:

at least one structured metallic plate having a distribution portion comprising at least one distribution structure forming at least one continuous channel for distributing a medium, wherein said distribution structure has a plurality of elastic portions of outwardly reducing stiffness, each elastic portion being elastic perpendicular to the plane of said structured metallic plate  
~~at least one distribution structure being disposed within said distribution portion whereby said distribution structure is elastic in at least one plane between a loaded condition and an unloaded condition.~~

23. (Currently Amended) The fuel cell of claim 22, wherein said ~~distribution structure~~  
continuous channel is disposed on one surface of said structured metallic plate ~~between at least two plates~~ and another channel is disposed on the other surface of said structured plate with both the channels being mutually media tight on a spatially structured layer.

24. (Cancelled).

25. (Currently Amended) The fuel cell of claim 22, wherein said fuel cell includes a plurality of structured metallic plates secured together by surface pressing.

26. (Currently Amended) The fuel cell of claim 224, wherein said fuel cell includes a plurality of structured metallic plates secured together by clamping.
27. (Cancelled).
28. (Currently Amended) The fuel cell of claim 224, wherein said distribution structure provides an uninterrupted, media tight course between the entry and exit for said media.
29. (Currently Amended) The fuel cell of claim 224, wherein said distribution structure includes a generally trapezoidal cross-section on both sides of said plate in said unloaded condition.
30. (Currently Amended) The fuel cell of claim 224, wherein said distribution structure includes a generally parabolic cross-section on both sides of said plate in said unloaded condition.
31. (Currently Amended) The fuel cell of claim 224, wherein said distribution structure includes a generally omega-shaped cross-section on both sides of said plate in said unloaded condition.
32. (Currently Amended) The fuel cell of claim 224, wherein said distribution structure is generally elastically deformed in said loaded condition.
33. (Currently Amended) The fuel cell of claim 224, wherein said distribution structure includes generally deformed sidewalls in said loaded condition.

34. (Currently Amended) The fuel cell of claim 221, wherein said plate itself forms two distribution structures, wherein a first distribution structure is formed from one side of said plate and a second distribution structure is formed on the opposite side of the same plate from the first distribution structure ~~said distribution structure~~ ~~includes discrete projections extending outwardly from said distribution portion.~~

35. (Cancelled).

36. (Currently Amended) The fuel cell of claim 422, wherein said distribution structure includes partial tapering of a material thickness.

37. (Cancelled).

38. (Cancelled).

39. (Cancelled).

40. (Currently Amended) The fuel cell of claim 221, wherein said distribution structure spring rate is between 0.5 kN/mm per cm<sup>2</sup> and 50 kN/mm per cm<sup>2</sup>.

41. (Cancelled).

42. (Cancelled).

43. (Currently Amended) The fuel cell of claim 22~~4~~, wherein said plate is at least one of a cooling plate and a bipolar plate.

44. (Currently Amended) The fuel cell of claim ~~claims~~ 22~~4~~, wherein said fuel cell is an electrolyser system or an electrochemical compressor system.

45. (New) A fuel cell comprising:

a first bordering element and a second bordering element;

at least one metallic bipolar plate sandwiched between each of said bordering elements, said plate on at least one of its surfaces defining a continuous media distribution structure, said structure being media tight, wherein said distribution structure comprises a plurality of elastic portions of outwardly reducing stiffness, said portions being elastic perpendicular to the plane of said plate.

46. (New) The fuel cell of claim 45, wherein two metallic bipolar plates are sandwiched between each of said bordering elements wherein both said plates together define a cooling media distribution structure and each said plate on its surface pointing away from the respective other plate defines a continuous reactant distribution structure.

47. (New) The fuel cell of claim 45, wherein said continuous reactant distribution structure comprises a plurality of media spaces adjacent one another separated only by walls of said plate.

48. (New) The fuel cell of claim 45, wherein said first and second bordering elements extend parallel substantially at least the surface area of said at least one bipolar plate.

49. (New) The fuel cell of claim 45, wherein said at least one fuel cell plate comprises at least one valley and at least one adjacent peak that form said plurality of media spaces.

50. (New) A fuel cell including a first structured metallic plate in sealing communication with a second structured metallic plate, wherein said first structured plate and said second structured plate both comprise a distribution structure, wherein a first channel is formed between said first structured plate and said second structured plate and wherein a second continuous channel is defined by said first structured plate on its surface pointing away from said second structured plate and a third continuous channel is defined by said second structured plate on its surface pointing away from said first structured plate.